

A Checklist to Keep Women Healthier



Your health insurance may now cover more than ever. Talk with your doctor or health care provider to find out what tests or other services you or your family member may need.

✓	Preventive service	Date	Notes
	Anemia screening on a routine basis for pregnant women		
	Breast cancer genetic test counseling (BRCA) for women at higher risk for breast cancer		
	Breast cancer mammography screenings for women over 40		
	Breast cancer chemoprevention counseling for women at higher risk		
	Breastfeeding support and counseling from trained providers, and access to breastfeeding supplies, for pregnant and nursing women*		
	Cervical cancer screening for sexually active women		
	Chlamydia infection screening for younger women and other women at higher risk		
	Contraception: As prescribed by a health care provider, Food and Drug Administration-approved contraceptive methods, sterilization procedures, and patient education and counseling*		
	Domestic and interpersonal violence screening and counseling for all women*		
	Folic acid supplements for women who may become pregnant		
	Gestational diabetes screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes*		
	Gonorrhea screening for all women at higher risk		
	Hepatitis B screening for pregnant women at their first prenatal visit		
	HIV screening and counseling for sexually active women*		

* Generally, these services will be covered at no cost in plan years starting on or after August 1, 2012.

✓	Preventive service (continued)	Date	Notes
	Human Papillomavirus (HPV) DNA test every 3 years for women with normal cytology results who are 30 or older*		
	Osteoporosis screening for women over 60 depending on risk factors		
	Rh incompatibility screening for all pregnant women and follow-up testing for women at higher risk		
	Sexually transmitted infections counseling for sexually active women*		
	Syphilis screening for all pregnant women or other women at increased risk		
	Tobacco use screening and interventions for all women, and expanded counseling for pregnant tobacco users		
	Urinary tract or other infection screening for pregnant women*		
	Well-woman visits to get recommended services for women under 65*		

* Generally, these services will be covered at no cost in plan years starting on or after August 1, 2012.